

few at the little club house, in order that the less fortunate ones may share the evident advantages which might otherwise be denied them.

To those acquainted in any way with the lives of 'the workers in wards,' the proposed plan can but appeal in the very strongest light. None but the initiated can, perhaps, realize the terrible strain on the nerves engendered by the daily, and even hourly, continuous watching over and caring for the maimed, the sick, and the halt. Mr. Gladstone once remarked that 'all time and money spent in training the body pays a larger interest than any other investment,' and in the case of the Nursing Staff of our large Hospitals, both in town and in the country, leading, as they do in many cases, lives of anxiety and monotony, the charitable public of the richest empire in the world could not better invest a trifle. By so doing, they will be granting the means whereby those who devote so much of their own health and energies to the alleviation of suffering, may have the opportunity of indulging in a form of recreation which thousands of human beings have found of inestimable benefit in aiding them to fulfil their daily duties in life.

Though medical men *are* found to condemn the practice for those of the weaker sex, the generality of doctors not only are wheelmen themselves, but permit and encourage their wives and daughters to take advantage of a means of locomotion which offers unlimited opportunities for seeing the world at a small cost. Like every other form of exercise, great discretion must be used with regard to the amount of cycling suitable to each individual rider. As, however, nearly all the large Hospitals in London now have 'Gazettes' published by their medical schools, in which such questions as the 'Medical Aspects of Cycling,' and so on, are discussed by our leading physicians and surgeons, Nurses have far more opportunities of learning the 'gentle art of self-restraint' than the outside public. It is but natural that this popular and exhilarating exercise should find its detractors, but we doubt if even the following words, 'The "poet's ideal" of exquisite womanhood is utterly destroyed by the sight of these perspiring, red-faced, lank-haired objects working their legs treadmill fashion, and tearing along every road in the

country,' written by the gifted Marie Corelli, will in any way act as a deterrent to a class of women who may justly claim very near relationship with the poet's ideal. To those of us who can appreciate the blessings of any form of muscular recreation, a feeling of sadness can but be caused by seeing one of such undoubted talents as the writer whose words we have quoted, using her great influence against healthy outdoor exercise for her sex. We can but hope that the initiative of 'Guy's' may cause a healthy spirit of rivalry to be engendered in the breasts of those responsible for the physical welfare of the Nurses of many another similar institution, both in London and in the provinces, and that the British public will do their best to aid in the proposed amelioration of the lot of those who, if they do not find that 'the roughest road often leads to the smoothest fortune,' may yet surmount many a rough road leading to the restoration of strength and wasted energy.

Lectures on Elementary Physiology in relation to Medical Nursing.

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LECTURE V.—THE NERVOUS SYSTEM.

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NEXT to the blood, the nervous tissue is the most important, and what is called the most highly organised, in the human body; because, through its action, the various processes of existence are controlled and regulated. There is much which is still not fully understood in the action of the nervous system, but fortunately such matters do not need consideration in these Lectures. In general terms, it may be said that upon the healthy activity of the nervous system, depends the health and activity of the whole body; and that if any essential part of that system becomes diseased, all the parts of the body which it supplies with nerve energy are liable not only to fail in their proper functions, but also to become diseased. Nerve tissue, in brief, under the microscope is found to consist of fibres and of cells enclosed in a sheath of connective tissue, and

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